



THE NOE VALLEY VOICE

Ups and Downs of Dolores Palms

By R. C. Binstock

Driving south on Church Street, you explain to your out-of-town visitors that San Francisco weather *isn't* endlessly warm and sunny. You ruthlessly puncture their preconceptions, describing the chill and damp that settle in for days at a time.

As you turn left on Clipper Street and come to the top of the hill, your guests shout in triumph. "We knew you were putting us on," they cry, pointing to the row of majestic palm trees running down the center of Dolores Street. "It looks just like *Lawrence of Arabia!*"

The palms on Dolores, gracing its entire length from San Jose Avenue to Market Street, provide one of the city's most interesting and attractive vistas. No other thoroughfare can boast such exotic vegetation. Other tropical plants, including some palms, are scattered here and there around the city. But nowhere is the display as large and impressive as on Dolores, part of San Francisco's 49-mile scenic drive.

Jim Lucey is an assistant superintendent of the city's Recreation and Parks Department. Charged with maintaining the city's smaller parks, he is also responsible for the Dolores palms. He's very fond of the trees and has been their caretaker for most of his 24 years with Rec and Parks. "I started planting and working with the palms on Dolores when I first became an area supervisor, 16 or 17 years ago," he says.

Many who use Dolores Street have noticed that the palms vary considerably in size and age. Lucey explains that staggered ages are deliberately encouraged by periodic removal and replanting. "Even-aged stands may be better from an aesthetic point of view," he said, "but in the long run they're not worth it. If the trees are all the same age, they'll all die at the same time, which would obviously be a disaster." (In the tropics, the trees can live up to 150 years, but in San Francisco their average lifespan is half of that.)

Palms are sometimes removed for other reasons. Trees that have been damaged by storms or disease can pose a threat to public safety, and must be cut



Photo by Charles Kemard

There's a long-standing and impressive ecological inter-relationship between the Dolores Street palm trees and their appreciative neighbors along the boulevard.

down before they fall. According to Lucey, three mature specimens were lost to the weather this past winter, and six the year before.

Between the palms that are deliberately removed and those that are dam-

aged or die naturally, Rec and Parks is kept busy with frequent replanting. The young palms that fill the gaps come from the department's own nursery. The plants are relatively easy to grow; seeds

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Hustling for High Technology

By Jeff Kaliss

In the second-story Noe Valley office of Hi Tech Publicity Consultants, co-owner Bill Schwartz feels like he's on top of the world. "It's kind of exciting," says Schwartz, "to think that at the corner of 24th & Sanchez we've got this international crossroads."

He's referring to Hi Tech's telex connections with its seven affiliated agencies in London, Paris, Stockholm, Munich, Tokyo, Sydney, and Milan, Italy. The establishment of this network (dubbed Tech Net) late last year is one of the more spectacular accomplishments of the small but sophisticated p.r. firm which Schwartz co-founded with Dennis Lewis in February of 1982.

The partners share considerable pride that in less than two years Hi Tech has

amassed \$600,000 in annual gross revenues and widespread recognition in a growing and highly competitive field: the promotion of computers and computer-related products.

It's impossible, even for skeptical humanists like this writer, to ignore the incredible proliferation of information about information-processing devices. The shelves of News on 24, a 24th Street newsstand, are stocked with a dozen computer publications, some of them specific to users of a single brand of micro, or personal, computer. Cover to Cover bookstore devotes an entire section to the subject. The *San Francisco Chronicle* and the *San Jose Mercury-News* are just two examples of newspapers which assign writers (and sometimes whole sections) to the computer beat. And, of course, both the "hard-

ware" (terminals and printers) and "software" (floppy discs and computer games, for example) are readily available at specialty stores and through such mass merchandisers as Radio Shack and Toys 'R' Us.

Into this new frontier stepped Lewis and Schwartz, the former a program analyst and the latter an engineer and journalist. The pair met at a downtown publicity agency and were delighted when they happened upon a space within walking distance of their Noe Valley residences. They filled their new office with equipment—including "Hal," their own computer—and with staff capable of producing the articles, press releases, press kits, and mass mailings necessary for "visibility in the market area and visibility in the investment community," as Schwartz puts it.

Hi Tech soon attracted the attention of a variety of clients, including manufac-

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Friends Bring Fair Back Home

By Jeff Kaliss

The Friends of Noe Valley, keepers of our liberal residential conscience, have rarely smiled on the signs of creeping commercialism in the neighborhood. They've been particularly reluctant to lend their stamp of approval to the sort of super-sell street fairs which 24th Street has experienced in the past couple of years. This year the Friends have decided to spawn their own fair: a celebration of, by, and for the non-commercial interests in Noe Valley. The Friends' Community Fair will be held Saturday, May 19, from 10 a.m. to 5 p.m., at James Lick Playground on Castro Street between 25th and Clipper.

Friends President Sonja Dale and Vice President Jean Amos are soliciting participation from neighborhood churches, schools, and non-profit organizations who may wish to set up tables and booths to raffle rummage, sell cakes, run games and/or distribute literature.

They're also offering booth and table space at modest cost to local craftspeople, artists, musicians, gardeners, and the like. The only restriction—a major distinction between this fair and the merchants' fair held last Labor Day—is that the talents must live in Noe Valley, and the organizations must operate locally.

The Community Fair will also differ from past 24th Street fairs in that it will offer a new line of entertainment. The Friends are sponsoring a variety of contests, new-age and old-fashioned, including:

- *Best Pie.* Sorry, no "eggy" entries like meringue or pudding pies.
- *Sculptured Edibles.* Amos suggests, for example, "a cream-puff version of the Noe Valley Ministry or a chopped liver sculpture of Henry, the dog who sells flowers on 24th Street."
- *Water-tasting.* "Pure balderdash run-off between commercial waters, like Perrier and Calistoga; a local well in Noe Valley, and some mystery entries."
- *Essay Competition for All Ages.* The topic will be "My Favorite Place in Noe Valley."
- *Neighborhood Scavenger Hunt.* For kids.
- *Adult Murder Mystery Hunt.* Try solving such chilling fictional mysteries as, "Who put the body in the rendering bin behind Bell Market?"
- *Break Dancing.* BYO music.
- *A Child-Parent Look-Alike Contest.*

The Friends, who say they produced the neighborhood's first people-scale fair way back in 1971, need help in setting up the scene. If you can volunteer or if you need more information, contact Amos at 826-2044. The charge for space is \$10 to craftspersons *et al*, \$5 to non-professional organizations with a sliding fee, 75¢ for kids 12 and under, and free to churches, schools and the like.

Entry forms are available at the Noe Valley Ministry, the Animal Company, the Community Store (Sanchez and 29th) and Quiche & Carry. Checks (made out to the Friends) and contest entries should be submitted by April 10 to 1514 Sanchez St., SF 94131. Set-up on May 19 will start at 8 a.m. and take-down will run till 7 p.m. (If it rains the event will be held May 20.) □

• Dolores Palms •

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germinate quickly, and shoots are hardy and don't need much attention.

In spite of his long association with the palms, Lucey doesn't know when or why they were first planted. He's sure that they've been around for many years, but a search of several historical documents failed to produce any information on their origin. (Neighborhood residents who remember a time when there were no palms on Dolores Street, or who know anything about the original planting, are encouraged to write to the *Voice* and share their knowledge.)

Whoever picked the location for the palms could hardly have done better. Dolores Street is broad and straight, with the ambience of a grand boulevard, well complemented by the tall, graceful trees. For their part, the palms like the climate; the area is sunnier than most and almost never feels the nip of frost. The constant wind whistling down from Twin Peaks might create a hardship for other trees, but palms are well adapted to this hazard and are scarcely troubled by it.

In addition, the islands on which they grow stay generally moist but have good drainage, another plus for palms. An old brick sewer running beneath the center strip carries away excess water before it can accumulate. Surprisingly, the palms do no damage to the sewer. While their roots are fibrous and tough, they're not long, and rarely reach deep enough to cause any harm.

At least three separate species of palm tree grow on Dolores Street. The most numerous is the *Phoenix canariensis*, or "Canary Island date palm." This is a feather palm, so-called because its fronds have a central spine with leaves projecting to the sides, like a bird's feather. Also present is *Washingtonia robusta*, the "Washington fan palm," a native of Mexico. The fronds of fan palms have no central spine; instead, the leaves radiate outward from a central point, resembling the slats of a hand-held fan.

Both Lucey and co-worker Jim Cooney are certain that another species is grow-



by Susan Koop

ing at the north end of the street, near Mission Dolores, but neither is quite sure which. "It's either *Arecastrum roman-zoffianum*, a feather palm, or *Trachycarpus fortunei*, a fan palm," said Cooney, carefully spelling out the latin names. "Maybe if you go down and take a look, you can figure out which."

In addition to handling removal and replanting, Rec and Parks spends considerable resources caring for the palm trees. The grass around their bases has to be cut and watered as needed, while the islands on which they sit must be maintained and protected from erosion and disintegration. The trees also have to be fed, but the department gets some help with this task. Lucey explains that the local dog population generously contributes a large supply of organic fertilizer to the palms, cutting down on the amount of expensive commercial product that the city must purchase.

According to Lucey, Dolores Street residents are proud of the trees and often form strong attachments to the individual

palms in front of their houses. "When we lose one, we get all sorts of calls," he says. "Some people are quite impatient and want the tree replaced immediately."

Though Lucey's crews move quickly to plant young trees in place of the missing, it takes a year or two for a new palm to establish itself. During this time it develops its root system and takes a firm grip on the soil, but stays small, disappointing observers. However, rapid growth follows the initial period, and the average palm can reach a height of eight to ten feet within another eight years.

Even for those who find themselves on Dolores only occasionally, the sight of the palms can work wonders. They provide an unexpected change of pace, a unique landscape in a city known for its varied environments. And for those who live in distant neighborhoods and rarely pass by the Dolores palms, a word of advice: when your next house guests ask to see palm trees, don't send them to L.A. Hop in the car and take a drive down Dolores. You'll be glad you did. □

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Letters

EDITOR:

My name is John Agelopoulos. My wife and I recently purchased the Wash and Dry Laundromat at 1601 Castro St. The premises are now known as the Castro Street Laundromat.

My wife and I feel that R. C. Binstock's article on laundromats last month was rather subjective, premature, and very unfair to us, the new owners. Aware as he was of the renovations and remodeling, he could or should have waited until the place had re-opened [before critiquing it].

We feel confident that your neighborhood newspaper does have better and more objective welcome for new entrepreneurs into the Noe Valley community. We have changed the scene of the past, and the place has re-opened for business, so would you please come back and visit with us.

John Agelopoulos

BINSTOCK REPLIES:

Apologies are in order. While my description of the old Wash and Dry was accurate, it in no way should reflect on the much-improved Castro Street Laundromat. Unfortunately, the deadline for the story came a week before the renovations were finished.

Since I live only half a block from the new establishment, I'm particularly pleased to welcome Mr. and Mrs. Agelopoulos and to thank them for their remodeling efforts. No hard feelings, I hope—see you when my laundry bag is full!

Whoops II. Prices quoted in last month's story for Marty's Laundromat, on 24th Street between Church and Chattanooga, were incorrect. Rates are 50¢ to \$1 for a wash, and 25¢ for 10 minutes drying time, not 25¢ for the whole works.



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— Savvy in the Station — Keeping the Peace — Part II

By Jeff Kaliss

Editor's Note: This is the conclusion of our mini-series on local police.

When Captain Victor Macia assumed control of the Mission District Police Station a year-and-a-half ago, there was a mandate for change waiting right out front on Valencia Street.

Representatives from the surrounding community, including gay and Latino contingents, had gathered outside the implacable brick edifice to express distress at the unresponsiveness they claimed to have experienced under the administration of Macia's predecessor. "In all due modesty," Macia recalls, "I think the chief (Con Murphy) felt I could handle this sort of thing."

And there have been indications the chief was right. As noted in last month's *Voice*, the response time of Mission Station to serious crimes is currently the best in the city. And the station's involvement in and sensitivity to the neighborhoods it serves—Noe Valley, the Inner Mission, the Castro, and Twin Peaks—have grown benignly in a manner that has drawn formal and informal expressions of appreciation.

Public image is important to Macia, who points out that even the mass media are warming up to the police. (His colleagues refer to him as "Barney Miller," partly for his physical resemblance to the TV character, but also for his humor and the relatively large number of minority officers who have worked for him.)

But Macia knows that continuing success depends on good management within the station itself. "The secret to great leadership," he proclaims, "is to surround yourself with other great leaders." He has in mind the four lieutenants who administer his 160-person work force through the station's four "watches" (day, swing, night, and 7 p.m. to 3 a.m.). Equally important is Macia's administrative aide, Gary Manini, who also functions as liaison to schools, community organizations, and interest groups.

For his own part, the perky Manini enjoys describing his varied experiences within the district. "You pass from the barrio at the eastern end to the upper middle class in the Twin Peaks area. At one end you're getting involved with people that don't have a lot of money and have maybe just come to this country, and they make you think on your feet. When you go up on the hill, there's more money, the homes are nicer, and there are funds to do security work, so you get a totally different kind of client."

Macia, who grew up in the Mission but now makes his home in San Rafael, says he usually begins his day around 9 a.m. with a cup of coffee and a briefing from the day-watch lieutenant. ("I don't like surprises" is one of Macia's favorite maxims.) Thus, when he learned recently of some weekend gang-fighting, he immediately notified the Gang Task Force at the Hall of Justice and issued an alert to his own officers, distributed to



Although the role of captain involves some bureaucratic desk-work, Victor Macia of the Mission District Police Station would rather be out among his officers and the people of the community. His administration has drawn praise from both directions.

them at the "line-ups" which commence each watch. In such situations Macia or Manini also check in with their community contacts to forestall trouble at its source.

Although Macia says he prefers "action," he admits that he must often function as a "babysitter," attending to such bureaucratic duties as adjusting work schedules and investigating accidents involving police who may have collided with citizens while pursuing a crime. "The liability is the officers'," Macia points out. "I tell them to drive their vehicles as if they were their own cars."

For those who perform well, Macia likes to provide some sort of reward. This usually comes as a "Captain's Complimentary," which ends up in the personnel file with a copy to the chief downtown. Macia can also dispense coveted assignments or preference in the use of "comp time" (time off for extra duty).

In addition to racial minorities, his crew includes gays and what Macia claims to be "the highest complement of female officers in the city... maybe because they figure I'll give them a fair shake and judge them as officers, not as women."

The physical facility, though, does not quite match the quality of Macia's staff. Built in the fifties to house half the number of its present occupants, the station is overcrowded and not fully equipped to deal with the presence of 15 to 20 working females. One of the interrogation rooms has been converted to a women's locker room, but both sexes must share the single shower facility. "You just go in there and holler and wait till they get out," explains Macia.

Manini is jammed desk-to-desk with Permit Officer Larry Guinan and the station's secretary in a tiny office adjoining the captain's, and the sign above Manini's desk says it all: "Why should I visit Disneyland, I already work in an amusement park."

By contrast, the station is quite well equipped with, and increasingly dependent on, high technology. In addition to a sophisticated radio-telephone system

linking the station with foot patrols, "sector cars," and the Hall of Justice, there's an array of computer terminals. They accept information on district activity and spew back data that advise captain and crew of specific events and long-range trends. Thus Manini was able in a few minutes to elicit for the *Voice* a printout of all crimes occurring in the six "reporting areas" in the heart of Noe Valley during the six-week period between Feb. 1 and March 12 of this year.

Burglaries and thefts topped the list, with public nuisance and malicious mischief a close second. Battery, robbery, and stolen vehicles followed, leaving a smattering of incidence of drug possession, domestic violence, indecent exposure and the like. As our beat cops indicated last month, Noe Valley does not have a reputation for serious crime.

But the picture is not so pretty across the district. The number of forcible rapes district-wide in the month of January was up 2 from a year ago, from 5 to 7. Macia refers with appropriate vagueness to "a pretty big drug thing that we're trying to work on." The campaign involves the use of unmarked vehicles, two per watch, containing plainclothes police trained to make "buys" and to recognize the degree of intoxication of users. Some women officers are trained as "decoys" to investigate prostitution-related incidents in the district.

And aside from combatting specific crimes, the Mission Station force has to practice handling the crowds associated with street fairs and political demonstrations. One such incident occurred "spontaneously" on the evening of March 13, when people poured into the streets to protest Governor Deukmejian's veto of the gay job rights bill.

On that occasion, Macia established a "Mission Command" at the Arco station

at the corner of Castro and Market. Manini stood nearby, walkie-talkie in hand, to supervise the cops directing traffic and to stay in touch with the deputy chief of field operations at the Hall of Justice.

"We try to teach our officers that they should act as a unit, not as individuals," Macia told me as he watched the action. "If you go into a crowd where people are throwing bottles or something, you're likely to get sucked in there and get hurt pretty badly. So instead you go in as a squad, and don't move unless you're given some direction by our supervisor."

He assessed the mood of the demonstration as noisy and determined but orderly. "It has a beneficial psychological effect on the crowd, too," he continued, "when they see a well-disciplined unit, as opposed to individuals trying to grab people."

Fortunately, the night of the 13th brought no trouble to anyone other than the governor. The parade proceeded east out of Macia's territory and into the Southern District, and after a long day the captain was finally able to return to his family in San Rafael.

Macia doesn't have any reason to feel that his decision to live in Marin—mainly for the weather—has affected his loyalty to the city of his birth. After all, he's put in 27 years of days and nights at Northern, Central and Mission Stations, and as head of the department's Juvenile and Training Divisions.

In fact he plans to get even closer to the community...after he and his officers get through an intensive course in Spanish. □



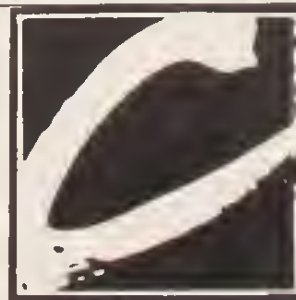
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CONCEPTS
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• Hi Tech •

Continued from Page 3

turers of printers, semiconductors, back-up systems, and software, as well as the ubiquitous micro-computers. But the young company experienced "a real jab in the butt," Lewis recalls, when a prospective client expressed a need for international connections and found them lacking at Hi Tech.

The client went elsewhere, and Schwartz sought the sympathy of a British colleague at a trade show "who was running a perfectly analogous operation to ours: relatively new, still small, and into high technology. He was a man of about our own age (mid-forties) and he felt the need to expand abroad."

"It was synergistic," adds Lewis.

The child of this fortuitous link-up was Tech Net. The Englishman sought out similar publicity agencies on the Continent, and Lewis and Schwartz did the same in the Far East and Australia. Finally, on a Sunday afternoon prior to another trade show in Amsterdam last fall, the multi-racial, multi-national would-be affiliates converged on a hotel beside a canal.

"We got acquainted and thrashed out a relationship," recalls Schwartz, who represented Hi Tech. "It was very exciting and a lot of good ideas came out of it." The publicists figured that manufacturers who wished to market sophisticated products to sophisticated buyers overseas might find it easier to work through a local publicity agency than to communicate across vast geographical and cultural distances.

Schwartz thinks Atari could have benefited from such a service a few years ago when it tried to extend the popularity of the "Pong" video game from the U.S. to England. "In British slang, 'pong' is something repulsive. So after going to the expense of introducing the product,



Photo by Charles Kennard

From their publicity mill above 24th Street, Dennis Lewis (left) and Bill Schwartz help direct the placement of the computer in the world's consciousness.

they had to pull it back and rename it 'Ping.' Hopefully, this never would have happened if they'd worked through us, because our affiliate in London would have gotten our 'Pong' press release and would have said to us, 'Do you guys realize what you're doing?'"

Other advantages to international networking are illustrated by Hi Tech's campaign to introduce the Apricot, England's largest-selling personal computer, to the U.S. "They've come in at a time when there's a shake-out going on," Lewis says. "A lot of companies like Osborn and Victor are going out of business or at least getting out of micro-computers. So ACT [which manufactures the Apricot in Scotland] really needed to find an American partner and create interest here."

"We engineered a program which started out at COMDEX, the trade show in Las Vegas in November. They had a

booth there. The idea was to get editors to write about them."

Although their client objected at first, Lewis and Schwartz moved to take advantage of ACT's Anglo-Saxon base. Before the trade show, they sent out a series of "teasers" to periodicals, proclaiming that "The British Are Coming," and then followed up with a "hospitality suite" at COMDEX featuring alcohol and live English chamber music.

"After all," noted Lewis, "the American Revolution went the other way, so we were sort of implying that a revolution was coming back through a new product being introduced into the American marketplace."

To extend the British "invasion," Hi Tech arranged a press tour for ACT representatives, involving meetings with *Business Week*, *Time*, *Newsweek*, and *Computer World*. Locally they arranged for the *Chronicle's* computer expert to take an Apricot home and play with it. The Apricot has not quite spoiled things for Apple, but its prospects seem ripe.

Lewis feels that Hi Tech's neighborhood location at 1100 Sanchez St. is an asset when clients come to call. "A lot of them are used to the downtown, the slick, the office building, so most of them find this a relief. We take them over to Panos." Other parts of the neighborhood also get pieces of Hi Tech's assets: recently the firm purchased 15 paperbacks on "positioning" from Cover to Cover, and they claim to be Colorcrane's

biggest Xeroxing customer.

As well as being close to home, Noe Valley is a nice place to labor. "We work real hard," says Lewis, "so we enjoy being able to relax a bit by taking a walk." Bookkeeper Yvonne Donnelly digs having her terminal overlooking her friends on 24th Street, and likes being able to walk to her classes at the California Institute of Integral Studies. She has mixed feelings about the nature of the business, though. "Some of our clients are into the war machine trip," she advises. But she respects "the best-automated office I've ever worked in" and the "truly industrious writers, the guys in the back."

One of these guys, Don Walker, admits that "things get real tense, particularly around trade show time, with people queued up to get on the printer [to run their copy off]." However, he considers computer technology to be "the best writer's market. There are lots of start-up companies, they all need publicity, and there's a lot of high tech publications out there that need help."

Along with hyping the computer, Hi Tech must hype itself. Back on the East Coast on other business, Schwartz managed to get himself interviewed by the nationally read *Business & Marketing* magazine, and Lewis pens a column for *The Monthly*, the trade organ of Bay Area advertising. Inevitably the firm will outgrow Noe Valley.

"Our strategy is to develop offices in other areas," reveals Schwartz, "because we feel that our address in San Francisco does not really connote high tech. We feel that a San Jose office might be our way to grow, right in the heart of Silicon Valley." Hi Tech might also open an office in the Boulder/Denver area, and Schwartz wants to see Tech Net extend to Israel, Hong Kong and Singapore. But he and Lewis would leave such distant operations to "good people" whom they could visit now and then.

Their Noe Valley headquarters has been shaken slightly by an allegation from the Friends of Noe Valley that Hi Tech's second-floor commercial use is a violation of the special zoning law regulating 24th Street. But Lewis defends the office by pointing to its contributions to neighborhood employment and commerce.

"We want basically to stay here," he stresses. "This will be the nucleus of our worldwide propaganda machine," adds Schwartz, with a smile. □

The Spirit of Sanchez Street

The Noe Valley Ministry, the quaint de facto community center at the corner of 23rd and Sanchez Streets, has always been affiliated with the Presbyterian Church while functioning as a source of caring, entertainment and artistic expression for persons of all religions and beliefs. This spring, as it celebrates its seventh year, it graduates to full Presbyterian status and wants its ecumenical neighbors to join in a celebration called "From the Spirit," on Sunday, May 6.

Kit Cameron, director of Gallery Sanchez at the Ministry, is seeking submissions from artists reflecting their ideas of "spirit" for a show that will form the backdrop of the celebration. Cameron stresses that entries "do not have to reflect any religious or doctrinaire viewpoint. In fact, we are looking for a broad

range of expression and media."

Contributing artists should send slides of their work (with actual dimensions indicated on the slide) to Gallery Sanchez, 1021 Sanchez St., SF 94114. Include your address, phone number, and a few words about your art, along with a self-addressed stamped envelope if you want the slides returned. Since the gallery wants to accept as many works as possible, there's no entry fee, and works are insured up to \$1,000 per piece.

The deadline for submission of slides is April 9. (You can phone Cameron at 282-2317 April 10-13, 2 to 6 p.m., to find out if you'll be in the show.)

The exhibit will run a bit longer than a month, from April 22 to May 31. For more details on the show and celebration, call the church at the above number. □

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The Gutsiness of the Long Distance Runner

By Gary Sabo

Most runners get dry-mouth at the mere mention of a 100-mile race. Not so Bill Davis. At 37, he's an "ultra-marathoner" who relishes the prospect of a beefy hundred over grueling terrain. He's training for, and hopes to win, the race that *Outside* magazine has rated the most difficult endurance event in the world: the Western States 100.

The Western States 100, set for July 7 this year, makes Hawaii's "Ironman Triathlon" look like a walk to the corner store. Stretching from Squaw Valley, Idaho, to Auburn, California, the route takes runners over the chilly Sierra Crest and down into the inferno-like canyons of the American River. This hands-on lesson in topography covers snowy mountain ranges, deep forests, and rocky river beds. What's more, temperatures along this trek range from freezing to 110°F.

Originally conceived in 1955 as a horse race, the Western States opened up to human feet in 1978 when one of the contestants appeared at the starting line with a lame horse. He vowed to run the course within 24 hours. Since then, a full day has been the maximum finishing time allowed; those not over the finish line in 24 hours (usually a large percentage of the entrants) are disqualified.

Davis is more used to this sort of endurance test than one might think. He estimates he's run close to a dozen 50- and 100-mile races, plus about two dozen 26-mile marathons. He almost won last year's Western States 100, taking third place with a time of 17 hours and 23 minutes.

In preparation for this year's challenge, he's trying a scientific approach, paying close attention to nutrition and body conditioning, lifting weights, and tackling "gnarly" runs of up to 60 miles (he runs by the hour rather than by the distance). But he resists the idea that training for or competing in such an event can be standardized. "Some people eat nothing during the race," he points out. "Some people eat lots of things, like pastrami sandwiches! There are a lot of individual differences."

Extra chocolate sauce, nuts and marshmallow cream...

"I was always hyperactive," Davis confessed, thinking back to his high school days. The only running he did then, though, was the 120-yard low hurdles. He didn't do very well; his legs were too short. "I thought it was a high jump event."

For the next 15 years or so, until Christmas of 1978, Davis put athletics on the back burner. His idea of exercise was "sitting around, eating as much Rocky Road ice cream as I could," heaping extra helpings of chocolate syrup, nuts and marshmallow cream. He and a friend would spend night after sugar-filled night lounging in front of the TV ("We kept it close so we wouldn't have far to go to turn the station").

It was this same friend, however, who introduced him to Kenneth Cooper's book *Aerobics* and suggested that Davis join him in some jogging exercise. That's weird, thought Davis, wanting to run. He was still a believer in conserving his allotment of heartbeats, and he had better things on his mind—Rocky Road, for instance.

Eventually it got to be too much. Weighing in at 160, a touch on the heavy side for his 5'7" frame, Davis decided it was time to get in shape. One day he sprinted out of his Grandview Avenue home and stormed Twin Peaks. "I just about died."

Determined that something had to be done, he resolved to run around the block every day. Around the block, for Davis, meant following Grandview to Clipper, climbing to Market, then zipping back down to Grandview. About a mile. "I don't know how long I did that," he recalled, "but one day I came back and I thought, wow, I think I can do that twice." And he did.

Once he'd accomplished this feat, he began to contemplate longer distances, but, at the time, he had no idea how far he would go. To his mind, marathons were reserved for those who were "born to run," for Olympic athletes.

But one day he came across a training schedule for running a marathon, and attached to it was the claim "Anyone can do it!" Anyone?

Davis and the friend who'd given him *Aerobics* decided to test this theory at the Pacific Sun Marathon in Marin. Davis trained with a three-hour time in mind, but wasn't real optimistic about his chances. Once he ran down Taraval to the beach with enough money to ride the Muni back. As he stared out the bus window on the return trip, he wondered if he'd ever be able to make it back on foot. "Of course," Davis grinned, "I suppose everything seems like a long run on the Muni."

He raced his first marathon in three hours and 45 seconds. Forty minutes later his friend crossed the finish line and threw up. Mused Davis, "There must be something about this I can do."

Then he left for Asia, taking the running with him. Traveling had fascinated him since age 12, when he first started hitch-hiking around the country. In places like Hong Kong and Singapore, running became a way to see the town. At 6 a.m. he would wake and run for an hour, through rice paddies, palm oil plantations, up volcanoes.

After visiting Thailand, Malaysia, and Indonesia, Davis moved on to Australia to teach swimming as he had in the past. He would run 22 miles to work, then swim a half mile before class. He was certainly a distance runner now, but his training was unfocused. He did it to "just sort of get things going. I never knew what I was getting in shape for."

When he came back to San Francisco, about a year later, he ran several marathons, then "all of a sudden there was this 50-mile race." With no clear motivation, Davis entered the race, called the Jedidiah Smith Classic, and took second place. Since then he's established himself as a serious competitor in the ultra-distance class.

Ick. You're sweating.

Ultra-distance runners have a hard lot, publicly. Though demand seems to be growing, 50- and 100-mile races are still somewhat hard to find. Their length and topography make them unattractive to the media (though Centreburn Productions managed to film *Desperate Dreams*, a documentary on the 1983 Western States 100 in which Davis also appears.)

There is also somewhat of a negative stereotype associated with the ultra-marathoner. Many perceive him/her as an obsessive-compulsive type or a candidate for anorexia nervosa, and even seasoned runners of the 10K class wonder whether 50-milers are traveling a little too close to the borderline of sanity. Almost universally, non-runners ask, "Why? Why so far?"

Why not? After 12 years of running, Davis has concluded that 50-mile-plus jogs at a relatively slow pace are the most appropriate for him. His body is tuned for the long haul.

There have been times, however, when Davis has questioned his motives. "After the first time I ran the Western



Photo by Tom Wach

A sprint up the hill from his Grandview Avenue apartment several years ago was just the start of things for ultra-marathoner Bill Davis. It led to his plans to take a shot at first place in the grueling Western States 100 (miles, that is) race.

States, I thought and I thought, what's all this about? And it just came to me that it was part of my life. It was... lifestyle. There are different parts to me, and I try to integrate them all. I hope nothing dominates my life."

Although the term "ultra-marathoning" is a fairly recent invention, long-long-distance running has a long-long history. Certain Native American tribes would scoff at running a trifling 26 miles. In the late 1800s, crowds packed auditoriums to watch "pedestrians" undergo six-day, go-as-you-please run-walk races. The early 1920s saw a coast-to-coast race called the "Corns and Bunyons" derby.

Davis will do a dress-rehearsal for the Western States in June by running the Old Dominion 100, its East Coast counterpart. (Three days after the Old Dominion, by the way, he'll return to California to join a NASA research study being conducted at the Ames Research Center. The project will see whether aerobic athletes make good astronaut material.)

At the Western States in July, Davis plans to show up at the starting line wearing a white cotton dress shirt with the collar and arms cut off. This attire is designed to keep the sun off his shoulders but let air in, while providing pockets in which to store "fuel." M&M's and barley sugar will sustain him while running, but he also has a support crew to give him chocolate chip cookies and fruit at checkpoints along the route.

In last year's race, Davis experienced a wide range of emotions, feeling demolished at some times and high on his own endorphins at others. The worst came about 75 miles into the race, when he knew he was losing energy. "I knew I wasn't going anywhere." Well, he *thought* he wasn't going anywhere. His third-place finish obviously proved him wrong.

A first place in this year's race would be especially nice for Davis since he may not have another shot at it for a while. In the fall, he expects to take off for parts unknown. Traveling, he claims, is his real obsession. It makes sense. □

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Naprapath Gets Your Back on the Road to Health

By Suzanne Scott

I've always been intrigued by the tiny Bay Area Center for Naprapathy on Church Street near 30th. Through the front window you can just see huge sheet-like drapes creating a makeshift wall. What is "naprapathy" and why is there a Bay Area center for it?

Michael Manteuffel, the sole naprapath in the center, says naprapathy is a "system of manipulative techniques applied to muscles and ligaments mostly on the spine. It's a way of relieving pain."

Naprapathy founder Oakley Smith was a chiropractor who did considerable research on muscles and ligaments. Smith spent a good deal of his time investigating Czechoslovakian health spas in the early 1900s, hence the Bohemian-derived name, naprapathy, which is pronounced with the accent on the second syllable.

What distinguishes naprapathy from your average massage is the accuracy in applying pressure to the spinal area. Budding naprapaths learn the precise technique during a three-year training program at the Chicago National College of Naprapathy, where they study such things as neuro-anatomy and nutrition. "Most massage techniques are more superficial," says Manteuffel. "I use the spine as a lever to stretch muscles and ligaments."

Behind the curtained partitions in Manteuffel's office are a small desk and chairs, one massage table, some cabinets and a stack of hospital gowns. Two diplomas from the naprapathic college hang over the desk. The walls are covered with charts—on the body's acupuncture points and nerve system, for example—as well as muscular, skeletal and reflexology diagrams. These posters indicate the eclectic nature of methods used in naprapathy.

There is jazz playing on the stereo and street noise from people outside and the J-Church. It's clean and white like a doctor's office with the advantage of not smelling like one. The only aroma is the faint scent of herbal massage oil.

The first thing Manteuffel wants to

know when you go for a naprapathy session is what kind of pain you experience, what you eat, and what kind of exercise you get. Clients come into his office with all sorts of complaints. Older people, who make up one third of Manteuffel's practice, often get treated for bursitis and arthritis. (He says the therapy's also good for headaches, backaches and neck pain.) There is no set length of treatment. Maybe one session will be enough, maybe five or six. People with chronic pain might come in once a week.

Manteuffel demonstrated his naprapathic technique for me on an enthusiastic client, Elfi Ellis. He began the massage by making crayon marks on each vertebra. This is called "charting the back." The black marks enable Manteuffel to be precise. He then felt each of Ellis' vertebrae individually to see which ones were especially tense. "Wherever I find tension, I rub those muscles a little more," he said.

He continued to stretch, rub and press Ellis' back, neck and shoulders. It looked gentle and firm at the same time. Ellis' right leg was longer than the left before the massage. When Manteuffel was done, they had been re-aligned.

I went to see Manteuffel with a headache the day after I saw his demonstration. Nothing gets rid of my headaches so I thought I'd give naprapathy the ultimate test.

He charted and stretched my tense spine, pushing down and across my back, but managing to stay just below my pain threshold.

He moved my arms and knees in circles. He did a lot of pressing directly on my face. During some parts of the treatment, his hands were so quick and precise they felt like a machine. When he was through about a half hour later, I still had a headache, but the rest of me felt great. (The next day my muscles were sore—this is serious massage.)

He then gave me some corrective exercises to do. They were basic stretches which he got right down on the carpet to demonstrate for me.

Manteuffel is easy-going and wears white leather tennis shoes along with his



Photo by Charles Kennard

The crayon marks along Elfi Ellis' spine guide practitioner Michael Manteuffel as he probes for points of tension. Patients come to his Church Street office to lose their aches and pains and get good advice on exercise and nutrition.

white doctor's coat. He isn't dogmatic about any particular diet or exercise. He merely advises common sense nutrition and slow-stretch exercises like yoga and isometrics. You can be a "coffee achiever" if caffeine doesn't seem to bother you. Poor eating habits are "dietary indiscretions," according to Manteuffel.

Although there is a D.N. after his name on his brochures, which stands for Doctor of Naprapathy, Manteuffel is not a medical doctor, nor is naprapathy approved by the American Medical Association. Nor does insurance usually cover his fees: \$30 for the initial visit, \$25 for

subsequent sessions and \$20 for seniors.

Manteuffel has been in practice since 1979. While considering chiropractic school, he found out about the naprapathy college. "I enjoyed the treatments myself," he said. "I like to do things differently so I chose naprapathy."

Manteuffel believes that the body knows how to heal itself. Naprapaths just help it out. "I'm not after the credit," he says. "I'm just happy to serve and assist." □



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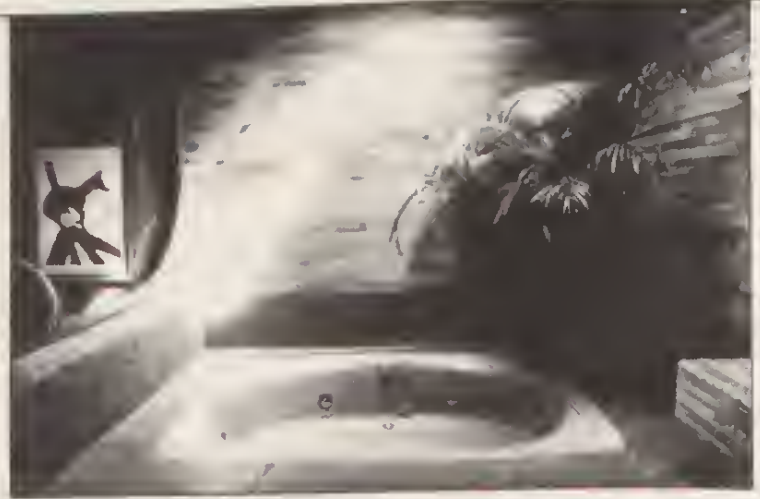
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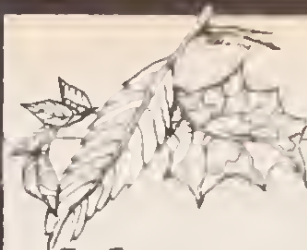
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THE NOE VALLEY VOICE

—Valley Hosts Demos/Athletes—

Let's Get Physical and Political

By C. R. Kcotsnib

California, the U.S., and the entire world were shocked to learn last month that Noe Valley will be the site of two major events this summer—the Democratic National Convention and the Summer Olympics.

The first lightning bolt struck when San Francisco Mayor Dianne Feinstein announced March 30 that the convention, previously slated to take place at the Moscone Center, would be moved to the Noe Valley Ministry on Sanchez Street.

"Conventions are media events," stated Feinstein. "There are going to be TV cameramen and news photographers crawling over this city like ants, and I'd just as soon not have them taking pictures of winos and bums on Mission Street. Noe Valley has the image that San Francisco wants to convey to the rest of the country: affluent, fashionable, and most important, clean."

When one columnist argued that Noe Valley would not accurately represent the city, the mayor acknowledged that measures would be taken to avoid a false impression. "The neighborhood does lack a certain diversity," she said. "Accordingly, we'll be running regular buses between Noe Valley and Fillmore Street, the Mission and Chinatown. Conventioneers who wish to tour these areas will be able to do so, free of charge. We expect this to be particularly popular among delegates' spouses."

At the same time, she added, residents

Continued on Page 10

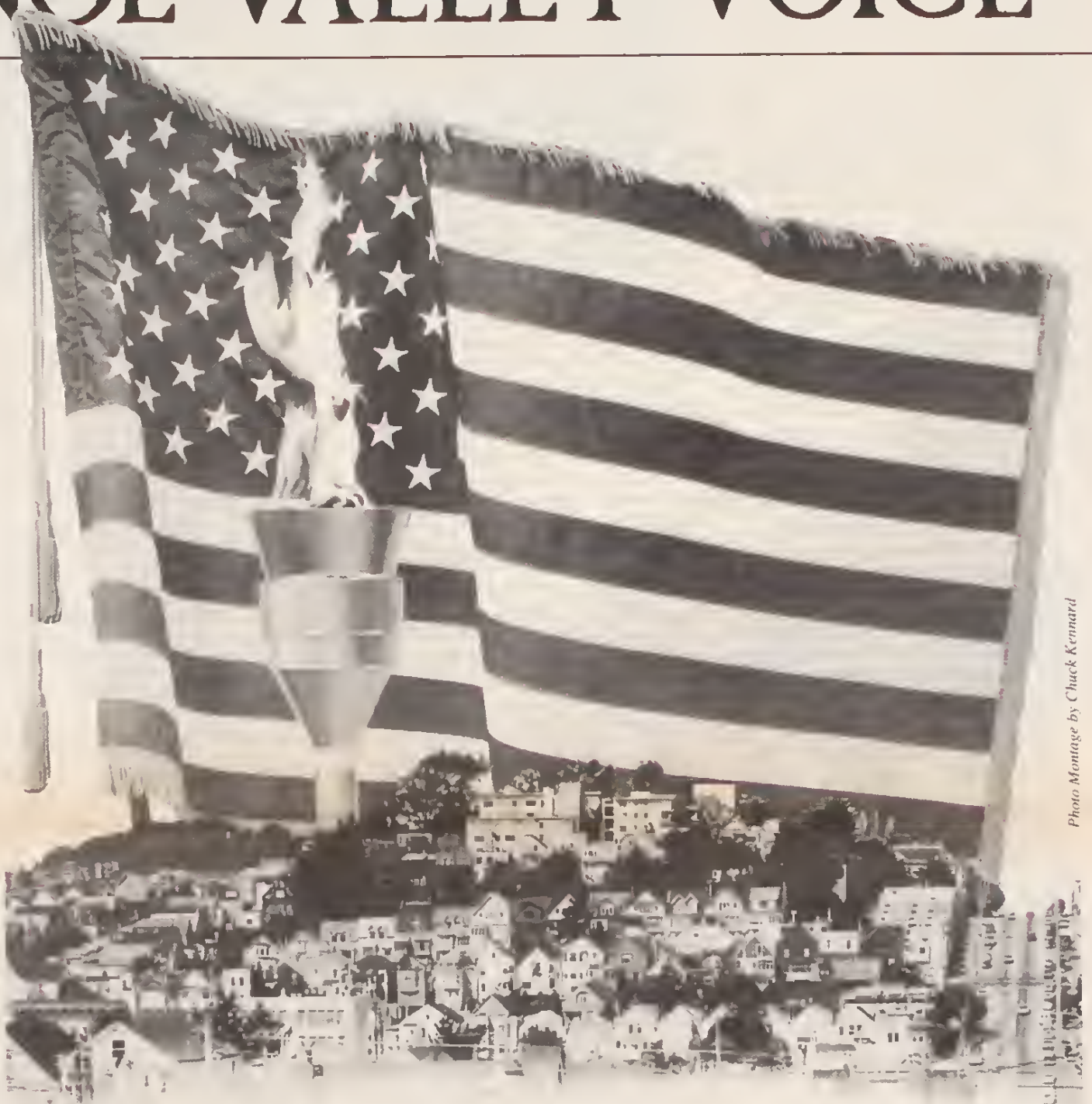


Photo Montage by Chuck Kennard

War and Quiche

U.S. Invades S.F.'s Cutest Neighborhood

By Dray Llib

The White House announced that at 12:01 a.m. PST, April 1, two divisions of Army Rangers parachuted into Douglas Park, at the same time that Marine Special Forces units began deployment along the J-Church bypass between 21st and 22nd Streets.

"We have invaded Noe Valley," President Reagan said.

Reaction to the invasion was, generally, laid-back. An aerobics exercise class at Bethany Church was temporarily

delayed, and several residents complained of longer-than-usual waits for the 48-Quintara.

Paratroopers descending onto the Acme Cafe deck later in the day encountered scattered resistance until they explained that they were soldiers of the Free World, rather than waitpersons, and that disgruntled patrons would have to be patient just a little longer until their omelettes arrived.

(The Acme's neighbors were not so calm, however. One commented: "First the jukebox, then the clanging dishes,

and now, automatic weapons fire. The Planning Commission is gonna hear about this!")

The invasion was not without its snafus. American tanks became mired in traffic outside Bell. Inside the supermarket meanwhile, heavy fighting broke out when a soldier approached the express line with fifteen items.

Two companies of Marines broke up and fled in terror when, as they futilely waited for the 24-Divisadero at Castro and 18th, they were approached by dozens of leather-clad Castro Street revelers.

The State Department announced that a multi-national peacekeeping force had been sent to Noe Valley to "secure American interests in the region." Sure enough, troops from South Africa, South Korea, Afghanistan and Honduras began building sandbag bunkers inside the Bank of America building at 24th and Castro.

This action prompted a protest from Colombia's ambassador to the United Nations, who voiced concern that frustrated cocaine freaks were being forced to recite the pledge of allegiance before receiving permission to activate the Versateller machine outside the bank.

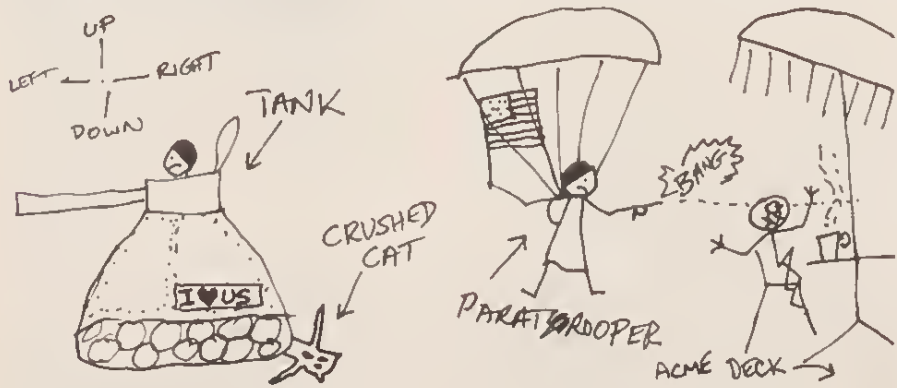
The invasion followed weeks of escalating tension between the nation and the neighborhood. Early in March, Star Magic refused a second shipment of John Glenn dolls imported from the United States. "They never worked the way they were supposed to," claimed a store clerk. "You wind them up, they walk around in a circle, fall over and start buzzing."

Later in the month, a covert CIA force kidnapped Finnegan's Wake bartender Alvin Warwas. Though Warwas was returned apparently unharmed, artists like Wayne Newton and Henry Mancini suddenly appeared on the saloon's jukebox, and patriotic slogans began showing up on the chalkboard above the bar.

These incidents culminated in the suicide bombing of a federally-financed streetsweeper last Tuesday morning on Sanchez Street. A self-described member of the Shiite-faced Liberation Organization, unable to find a parking space early one morning except in a 7 to 9 a.m. street cleaning zone, loaded his Volkswagen beetle with TNT and fell asleep in the back seat. A Cushman driver activated the bomb when, ticket in hand, she lifted the car's windshield wiper, sending Cushman, Volkswagen, streetsweeper and their operators to a brunch date with Allah.

In keeping with his policy during the

Continued on Page 10



Voice Precision Graphics & Cartography

Despite a press black-out ordered by the White House, Voice illustrators managed to record this eyewitness scene of last weekend's heavy-metal warfare.

Physical/Political

Continued from Page 9

of those less fortunate sections will be able to "come to Noe Valley and get their fair share of the gravy train—I mean, economic revitalization. Why should Star Magic collect all the profits?"

Feinstein responded emphatically to the suggestion that the nearby Castro District might offend the sensibilities of the convention's middle-American television audiences. "It's time people learned some tolerance," she said. "Besides, Hot 'n' Hunky had agreed to cater the convention."

Criticism of the mayor's decision came from many quarters. Supervisor Harry Britt was quick to reject the move as "grossly political" and called for an immediate protest. "She thinks showing off Little Italy and La Roca will get her the vice presidential slot," he fumed. He also argued that the convention would disrupt and inconvenience the neighborhood. "How the hell am I going to get a booth at Herh's for Sunday brunch?" he demanded.

As if the convention weren't enough, less than a week after the mayor's announcement the Los Angeles Olympic Organizing Committee released a statement saying that the Summer Olympics would be moved from L.A. to San Francisco. Hours later, amidst worldwide attention, another statement named Noe Valley as the site of the Olympic Village and most of the major events.



Superstar Michael Jackson underwent extensive cosmetic surgery last month in preparation for the filming of his soon-to-be-smash video "DILLER." Now that TV video-dance has become the newest sport in Olympic competition, Jackson stands a good chance of winning a gold at this summer's games in Noe Valley.



Photo by Charles Kennard

Apathetics for Hart are shown here in caucus, busily preparing for this summer's Democratic Convention in Noe Valley (see story, page 9).

"We had a number of reasons for the change," explained Maria Mankowitz, a spokeswoman for the LAOOC. "For one thing, the smog and traffic in L.A. might have ruined the entire thing. Have you ever tried to run 26 plus miles while 7 million cars belched out carbon monoxide on every side of you?" When pressed, however, she conceded that the real problem was a lack of open-mindedness in Los Angeles.

"Let's face it," she said. "The average Angeleno can't deal with more than one or two nationalities together. We were running the risk of an ugly international incident."

Noe Valley is cosmopolitan enough to take on a multi-national event and handle it well, she said. "We may get the odd protester or two bothering the El Salvadoran and South African teams," she admitted, "but on the whole, Noe Valley residents have the flair and sophistication to make foreigners feel at home. Just look at the restaurants."

Within a week of her announcement, Noe Valley merchants were scrambling to come up with new Olympic events to take advantage of the neighborhood's special features. The Pig-Out Decathlon, a race in which participants must pay the most money for 10 food items containing the greatest number of calories in the shortest amount of time, won immediate support. Also proposed was a 24th Street Stroller Slalom. Participants will line up at Hoffman and 24th, with carriages con-

taining at least one and not more than three babies. At the starter's gun, the strollers will be released to roll down the hill. The gold medal will be awarded to the first baby (or babies) to cross Sanchez Street intact.

Despite the expected economic boon, Noe Valley reaction has been mixed. Some residents have welcomed the convention and Olympics as a way to enliven an otherwise boring summer. "In July and August everybody goes away to Tahoe and Puerto Vallarta," moaned Tiffany Lopez-Armbruster, a 13-year-old student at Edison School. "There's nothing to do here but stand outside Patch County and beg for quarters."

A number of local organizations look favorably on the news. The Noe Valley Business and Professional Association announced that it would hold at least two raffles during the events. "For the convention, we'll give away a turkey," said spokesman Harry Aleo. "We think that's appropriate."

"When the athletes arrive," he continued, "we'll have a number of prizes, ranging from a free wash, dry and fold at Launderland to political asylum, for those who want it."

Others have expressed concern and even outrage at the prospect of an invasion by so many outsiders. "Where do they get off using our turf for their own porpoises?" asked Jean Amos, of the Friends of Noe Valley. "Noe Valley is for Noe Valleons. The rest of them can dis-

cuss their platforms and toss their javelins in San Pablo Bay, as far as I'm concerned."

Many residents were concerned that local facilities weren't extensive enough to host two such enormous gatherings. "We've never had that many people in the church before," said Reverend Carl Smith, pastor at the Ministry. "I'll have to see if I can dig up some extra folding chairs."

Meanwhile, the International Olympic Committee announced that several neighborhood organizations had been named "sponsors" of the Summer Games. Noe Valley Deli will sell the "Official Olympic Piroshki," Joshua Simon will supply "Official Olympic Leg Warmers," and activists John Knox and Kay Pachtner have been named "Official Liberals of the XXXVII Olympiad." Other local establishments or individuals are still in the running for "Official Olympic Real Estate Speculator," "Official Olympic Holistic Health Purveyor," and "Official Olympic Manicurist."

Meanwhile, plans were being made to expand both the Noe Courts and Douglass Street parks to accommodate Olympic events. Officials expressed confidence that the needed changes would be made on time. "And after it's over," said one, "the kids can use the Olympic Velodrome as the skateboard ramp they've wanted for so long." □



Catanooga, Noe Valley's hope in the Olympic Cat Lounging event, goes into her final stretch during training for this summer's super sports event (see story, pages 9-10). "Noogie" was disqualified four years ago when steroids were discovered in her kitty litter.

Invasion

Continued from Page 9

Grenada invasion, President Reagan squelched press coverage of his retaliatory move on the neighborhood. "Our strategy was to avoid adding any granola to the mill of the Noe Valley newsmongers," explained Reagan. "For seven years they've been feeding their folks a diet of lies, platitudes, and softcore socialism."

In any case, the invasion apparently bolstered stock in Reagan's re-election.

A USA Today poll, headlined "Let Them Eat Quiche," showed that Reagan's job performance rating had climbed 12 points in less than 24 hours after the invasion.

Informed at a CIA briefing that the typical Noe Valley resident was literate, non-union, white and pregnant, the three Democratic candidates (Hart, Mondale and Jackson) issued a joint statement expressing "cautious support" of the action.

A spokesman at Yale University said, however, that student/actress Jodie Foster was "unimpressed" by Reagan's move. □

Singer Scorched by Sweetener

By Dray Llib

Noe Valley jazz vocalist Bobby McFerrin was seriously burned during the filming of a diet-soda commercial last week when he hit an A-flat three octaves above middle C, causing the Nutrasweet in a can of soda to explode.

McFerrin was taken to Mission Emergency Hospital, examined and released. Although not injured, the singer learned that the production company filming the commercial had disbanded after the mishap, before McFerrin had been paid.

"I've been burned!" he declared.

McFerrin's voice, which he leased part-time as a modem before his jazz career took off, has gotten him into trouble before. He had to move from his Green Street flat to Noe Valley when Russian diplomats complained that their "TV" reception suffered when the singer practiced his piccolo imitations.

At an outdoor jazz festival in Europe last summer, a flock of bats collided during a McFerrin solo, falling comatose into the laps of startled concert-goers.

McFerrin has been cautioned never to hum randomly in public. In January, a CHP patrolman cited McFerrin for going 70 in a 20 M.P.H. zone after picking him



Photo by Joel Abramson

Joining the ranks of the inflamed with Richard Pryor and Michael Jackson is the neighborhood's own Vicar of Vocalese, Bobby McFerrin. The singer's baptism in hot soda (see story, this page) is only the latest in a string of singeing international incidents.

up on radar. McFerrin was waiting for a bus at the time.

"Even going to the airport is embarrassing," lamented the singer, who has to lie down on the conveyor belt and be X-rayed along with his luggage. □

By Mazook

NOE VALLEY FOOLS SERVICE reports that a group of neighborhood leaders has invited U.S. President Ronald I and U.S.S.R. Secretary General Konstantin Chernenko to a debate at James Lick School Auditorium on the eve of the Democratic National Convention here. Local busybody Jeff Kaliss has graciously agreed to moderate the debate, which will have as its topic: "Is MTV a Communist Plot?" The debate will be closed to the public, but Noe Val-leons can catch it on closed circuit at the Cork and Bottle Bar.

The night following the debate, Chernenko will address the Demo Convention on "How to Overcome Being Everyone's Second Choice."

☎ ☎ ☎

SPEAKING OF CONVENTIONS, the S.F. Municipal Railway has just received \$100 million from the Democratic National Committee to reconstruct the old Castro Street cable car line through Noe Valley by convention time. Twenty-five thousand migrant workers will arrive on Monday to start reconstruction of the line, which originally ran from Market via Castro to 26th Street, but was shut down April 5, 1941, as that year's April Fool's joke. The route will be duplicated as far as Clipper Street, where it will turn right and he extended all the way to Twin Peaks. (The line will provide service to and from the start of the Summer Olympics' Grass-Skiing and Lawn Bowling events to be held on the peaks. See story, p. 9).

ACCOLADES have been pouring in all month for Noe Valley's renowned ob-

and now for the RUMORS behind the news



Photo by Charles Kennard

Two young cogniscenti debate the deep meaning underlying the work of local agit-prop artist Fred Methner. Methner's aesthetic statements will remain in public view along the path of the J-Church streetcar only until May 1, when the stone slabs will be removed and shipped to Washington for a Smithsonian Institute exhibit.

tuse-muralist-disguised-as-graffiti-eradicator Fred Methner. Eleven of Fred's wall art works have been chosen for exhibit this summer at the Smithsonian Institute in Washington, D.C., which will unfortunately require the removal of several walls from James Lick School. Nice work, Fred. (See photo, this page.)

THE NOE VALLEY Association of Windowdressers and Manikin Manufacturers has announced this year's winners of the annual "Manny" awards. That's right, Castro Pharmacy won top honors for their colorful faded poster displays. Also a winner was Everett's Shades for their long-running exhibit of hundreds of factory swatches against a backdrop of yet more fabric samples. Winner in the "most original" category was five-time champion Twin Peaks Properties. The NVAWMM trustees also awarded an honorable mention to Ray and Al's Garage for their "window-verité" collage of

dust, dead mosquitoes and old MasterCard placards.

STORETREK SPOOF of the month: Mike the Barber, who has been on 24th Street since July of 1952, will relocate his shop to the corner of Montgomery and California Streets in downtown San Francisco. In keeping with his fancier location, Mike will adopt a revolutionary fee system whereby clients will pay 50 cents a day for every day elapsing between haircuts. Beard trims will go for 20 cents a day, legs a dime and armpits a nickel. Says Mike, "I'm branching out."

Would you believe that a combination political science and antique shop will fill Mike's old premises? Jim-Jim Sum and his sister Winn-Winn plan a gala opening on April 20. The shop will be called "History, History" because as Winn-Winn says, "It always repeats itself." J-J has two Ph.D.'s in poli-sci from S.F. State, and Winn-Winn boasts

Getting a Leg up on Fashion

*'I was sad when I had
no shoes,
Until I met a man who
had no leg-warmers.'*

By Tappie Osonyer

Just when you thought you'd seen the last of that fashion phenomenon, the leg-warmer, Buffy St. Laurent of Glamorous Gams on 24th Street has given that curious accessory a much-needed shot in the arm. "I want to take leg-warmers in a bold new direction," chirped the perky diminutive St. Laurent. "Why should they be confined to Sasoon-clad women with under-endowed ankles and sweaty aerobicizers? What Norma Kamali, a dear friend and beautiful person, has done for the sweatshirt, I'm going to do for the leg-warmer."

And St. Laurent has indeed risen to the challenge by designing a bold new line of leg-warmers in an exciting variety of fabrics and styles for every walk of life.

There are sturdy denim leg warmers for hiking and rock concerts, classically understated tweed and linen leg-warmers for the executive woman (or man) on the go, elegant and stylish sable and lamé leg-warmers for the symphony and opera (for the next Black and White Ball, she's designed a special pair of two-tone leg-warmers for Charlotte Maillard, "a dear friend and beautiful person"), and for those evenings with that special someone, sexy silk knit and lace leg-warmers with matching merry widow.

"If I have my way, absolutely everyone from cello players to nuclear physicists will be wearing them," warbled the spunky miniscule St. Laurent. "For that matter, I want to see people be creative and express their own unique personalities with my leg-warmers and not just wear them bunched up around the ankle, but maybe even pushed up on the thighs, or scrunched around the knees. Or for a variation on the bold, new look started by Michael Jackson, a dear friend and beautiful person, just wear one leg-warmer!" □

Letter

EDITOR:

Thanks so much for the great article you ran in the last *Voice* on the opening of our Noe Valley branch.

Too often publications such as yours adopt a "knee-jerk" attitude towards legitimate concerns, such as ours. It's important that all sides of an issue be aired. How refreshing, then, to find that you did not succumb to the liberal, "politically correct" stance when profiling our business, but rather presented a fair, unbiased account.

Sincerely,

Edwin Meese III
National Loan Consortium
Washington, D.C.

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—Ed

over 10 years' garage sale experience.

FINALLY, an ad hoc foundation has been formed by a group of Noe Valleons called Drivers Against Discourteous Pedestrians (DADP). DADP plans to send teams of members to regulate pedestrian traffic flow at the intersections of 24th and Church, Sanchez and Noe, so as to allow vehicular traffic to cross the congested crosswalks. "I've waited as long as 20 seconds on a Saturday afternoon trying to persuade pedestrians to let me cross 24th Street," complains DADP Founder Ralph Honker. "We want to educate pedestrians that while they have the right of way, they should not arrogantly and self-centeredly abuse that right as they do now," he said.

☎ ☎ ☎

ON THESE APRIL FOOL'S DAYS, remember the words of Oliver Wendell Holmes, Jr.: "Controversy equalizes fools and wise men—and the fools know it." Bye, kids. □

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FOUND: Small, 3-legged creature, with bulging red eyes, and yellowish puckered skin. Secretes a green viscous substance that burns holes through floor. Answers to the name "Bowser." If yours, please pick up ASAP as he has already eaten two of my children and my new dining room set. 637-9832.

WORK WANTED: Hard-working young guy, down on his luck, needs work to support family. Former cop, fireman, politician. Let's talk. Call Dan, (213) 767-1121.

DOES YOUR MATE only have eyes for her/his Apple IIe or IBM-PC? Support group forming for spouses/lovers who have been coded out. Connect with Myron, 000-0001, or Stella, 111-1110.

WANTED: 50 artist's models (male and female) by next Tuesday. I am a post-modernist, neo-dadaist sculptor and deli manager reinterpreting the storming of the Acme Deck in carrot-and-raisin salad. 431-4099.

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OKAY, LET'S GET this straight once and for all. I'm not the one with the 50-foot wing span who terrorizes major metropolitan cities and eats school buses. I'm the one who's dead, French and makes statues, got it? —Rodin.

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JUST FOR THE RECORD, I never said, "Me Tarzan, You Jane." What I actually said was, "I say! I hope you don't think me frightfully forward, but you do look simply smashing in that lovely frock and chapeau. What say we pop 'round to my flat for a spot of bubbly and a bit of the old slap-and-tickle?" —Lord Greystoke.

April, 1984

CALENDAR

APRIL 1: "MEN: Threat or Menace?" Panel discussion at Old Wives' Tales, 1009 Valencia St. 7:30 p.m.

APRIL 4: Reader's Digest Condensed EPIC POETRY READING SERIES. Includes Milton's *Paradise Lost*, Dante's *Inferno*, Ginsberg's *Howl*, Ferlinghetti's *Coney Island of the Mind*, and the *Bhagavad Gita*. New College of California, 777 Valencia St.

APRIL 4: Ongoing Progressive EXERCISE CLASS for Pregnant Women, 6 mos. and up. Our Lady of Perpetual Motion. This week: pole-vaulting and the 100-lb. Clean and Jerk.

APRIL 7-15: Noe Valley Cinema kicks off the Third Annual International MONOSYLLABIC FILM TITLE FILM FESTIVAL. On April 7-8: *If, M, El, What?*, *SSSS, Q, Zolt!*, *Futz* and *Z*. April 14-15: *Ben, Babe, Boom!*, *Bug* and *Burn!*

APRIL 9: CARBOHYDRATE TOURS of 24th Street, sponsored by the Noe Valley Merchants Association. Two routes: Fast Food Tour, \$28, starts at Happy Donuts, 24th and Church, 11 a.m., finishes 5 p.m., Philly Cheesesteak. Just Desserts Tour, \$536, begins Noble Pies, 24th and Douglass, 8 a.m., finishes 6 p.m. Cocolat, 24th and Castro.

APRIL 14: MARATHON READING of the 1977 issues of *Mother Jones* at Noe Valley Ministry, 1021 Sanchez St. 11 a.m. till 6 p.m. Bring your favorite issue to grind, and a favorite dish for potluck supper.

APRIL 15: "What Color Is Your Parasite?" LECTURE for Dr. Jane Goodwill, Third World recruitment director for Nestle's Inc. OPTIONS for Women over 60, Women's Building 7 p.m.

APRIL 17: BENEFIT for Noe Valley Bulimia Society Haystack Pizza, 7 p.m.

APRIL 19: "Band With The Stupid Name" plays Salonicas, 4002 24th St. 9 p.m.

APRIL 25: "HALFWAY HOUSE," unique environmental living sculpture exhibit. Various artists. Meat Market Coffeehouse, 4998 24th St. All day, 9 a.m. to 9 p.m.

APRIL 27: "Icht Verscht Blisgaashchenschlag," early Wagnerian OPERA performed by the Spittle City Players. Community Music Center, 492 Copp St. 8 p.m. \$4 donation (\$1 for first row).

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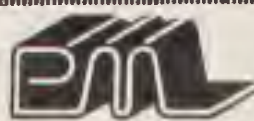
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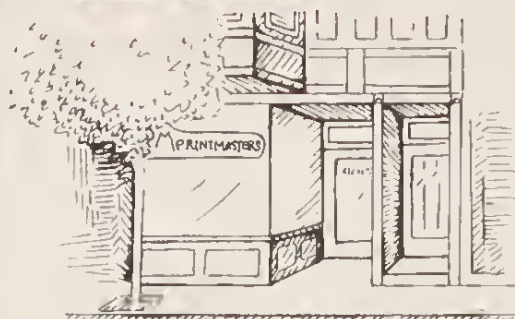
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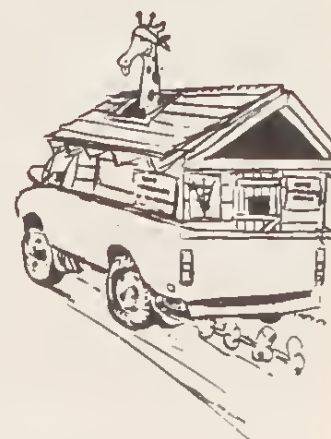
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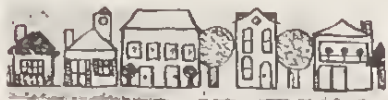
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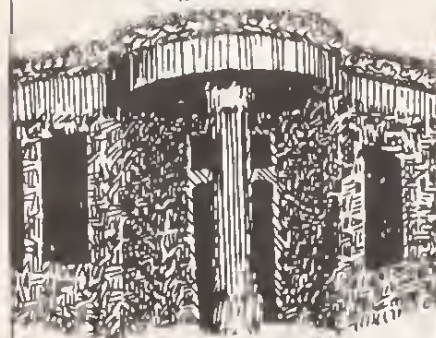
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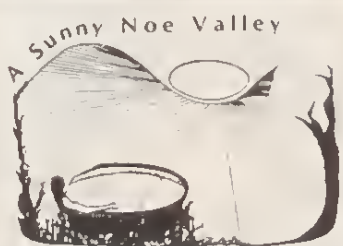
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Exercising for Two

By Annie Stuart

In a small church hall at Sanchez and Clipper Streets, a group of young women gracefully move to jazz rhythms—stretching legs, sweeping arms to the ceiling, gently swinging invisible partners—their unborn babies.

The synchronous "dance," really an exercise class for pregnant women, is the brainchild of Kathy Budnick.

The idea for a prenatal exercise class came to life 3½ years ago when Budnick was pregnant with her daughter, Alicia.

With an 18-year dance background, Budnick didn't take lightly the prospect of giving up exercise during her pregnancy, so she attended a prenatal yoga class taught at the San Francisco Women's Health Center, which was then located on 24th Street.

"I found that the exercises really helped with any kind of discomfort during pregnancy and it was a way for women to go through their pregnancies together," Budnick said.

After her daughter was born, Budnick decided to try teaching prenatal exercise classes herself. Starting out with a focus on yoga, she soon felt an irresistible need to incorporate dance, and eventually wound up with a combination of the two.

The one-hour program, held Thursdays at 6 p.m. at Bethany Methodist Church, eases students through a smoothly coordinated series of stretches, dance steps, and exercises designed to relax and strengthen muscles that are particularly vulnerable during pregnancy and childbirth.

For example, the "pelvic rock" helps strengthen back muscles that have shortened to compensate for a stretching stomach. Limbering routines ease pressure on the sciatic nerve. Other exercises strengthen pelvic muscles, help circulation and build endurance for childbirth.



Photo by Irene Kane

Expectant moms are not inactive moms in Kathy Budnick's Thursday evening exercise class at Bethany Church. Here, Helen Medina (left) and Peggy Sulkis work on strengthening muscles that bear the strain of pregnancy.

Budnick takes care to intersperse "cool-down" stretches with more strenuous exercise to prevent overheating, which can be especially dangerous during the first trimester when women risk miscarriage.

She also recommends that women who are already involved in an exercise program modify their individual routines. Cut your running or tennis time in half, she advises. Don't do full sit-ups or double leg-lifts. Above all, listen to what your body tells you.

Budnick believes the exercises give women an "inner focus" that helps prepare them physically and mentally for having a baby. Also, "if there's any correlation between the mother's state of

mind and how the baby's developing," the mother's positive self-image will help the baby tremendously.

Budnick's program, which she calls the "Good Life Project," also includes new mothers' classes, designed to ease participants back into exercise.

"The new mothers' exercise class continues the process, making the babies part of the program in the first four months, with 'mom and baby dance', and infant massage and exercise," explained Budnick. Mom and baby dance consists of holding, rocking and cradling to classical, rock or African music, a fun way to get back in shape with a new baby. The infant massage, modeled after techniques espoused by

Dr. Frederick Leboyer, helps relax the baby and extend the bonding of mother or father and child.

To keep on top of the latest trends, Budnick works with consultant Judith Knoop, who teaches labor coaching at S.F. General Hospital, and Janie Miklanous, who teaches a prenatal exercise class at the Beth Ahrams studio.

The current focus of her Good Life Project is exercise, but Budnick hopes to centralize a variety of services in a health center for pregnant women, offering co-counseling for mothers-to-be, training of qualified babysitters, exercise classes in Spanish and Chinese and referrals.

For more information, you can reach her at 824-2324. □

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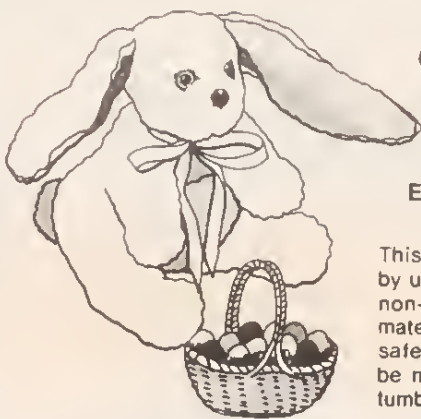
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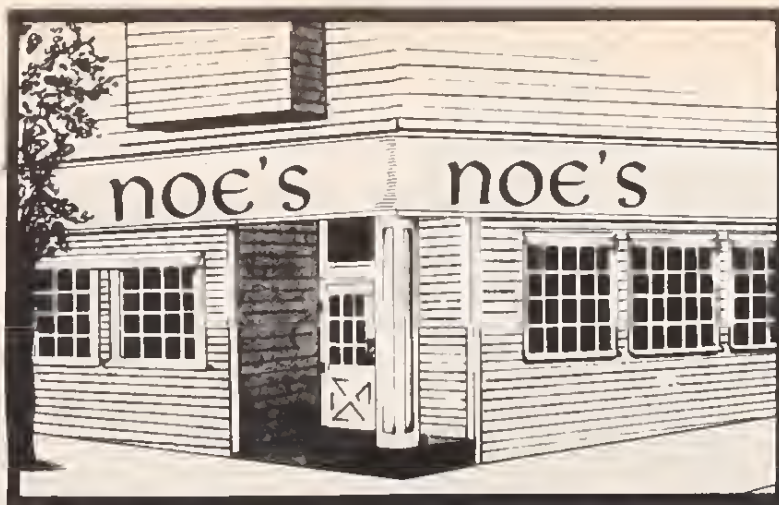
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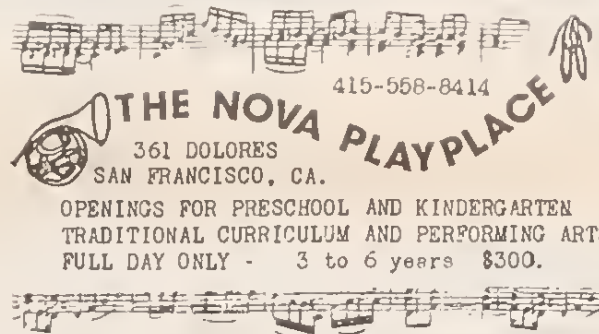
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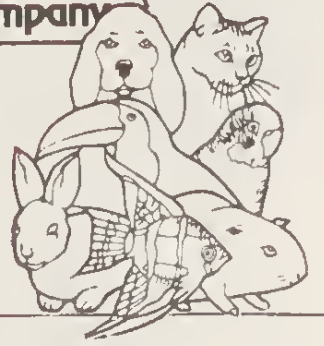
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INNER BEAUTY lovingly photographed. Portraits by Sam MacKenna. 641-7425.

COMING NEXT MONTH: A visit from Laurel. Details to be announced in next issue of the Voice.

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CALENDAR

APRIL 1-21: LISA KOKIN'S Studio at Galeria de la Raza—textile artist Lisa Kokin demonstrates batik art during a month-long open studio. Galeria de la Raza/Studio 24, 2851 24th St. Tues. - Sat., 1-6 p.m. 826-8009.

APRIL 1, 8, 15, 22, 29: "BAR-BE-OUE & BEBOP" with E. W. Wainwright (5-8 p.m.) and Bishop Norman Williams (till midnight). Bajones, 1062 Valencia St. Free. 282-2522

APRIL 7 & 8: S.F. JAZZ DANCE COMPANY performs with guest artist Priscilla Regalado. Footwork, 3221 22nd St. April 7: 7:30 p.m.; April 8: 2 p.m. 456-8053

APRIL 8: Noe Valley Music Series presents ANCIENT FUTURE, New Age jazz at the Ministry, 1021 Sanchez St. 8:15 p.m. 641-1359.

April, 1984

APRIL 2-30: FELDENKRAIS METHOO Ongoing gentle movement classes. Bethany Church, 1268 Sanchez St. 4:15-5:15 p.m. 333-6644 or 282-4762

APRIL 3: Two FILMS: "Religion in Russia," rare old footage on Russia's major religions, and "Anastasia," about religious fire dancing in northern Greece. St. Francis Lutheran Church, 152 Church St. 7:30 p.m. 552-9010.

APRIL 4: NATIONAL WRITERS UNION invites writers and readers to hear Fenton Johnson read from his novel, *Crossing the River*. Open reading follows. Noe Valley Library, 451 Jersey St. 7 p.m. (sign-up at 6:30). 285-2788 or 641-8344

APRIL 4: ACT FOR PEACE—meeting of the Theatre Improv Troupe. All acting enthusiasts welcome. Community for Peace and Human Development, 1602 Church St. 8 p.m. 621-2772.

APRIL 5-7: MOTION ARTS COMPANY, a dance theatre group, presents gala studio opening performance. 194 Church St. 7:30 p.m. 863-5089

APRIL 5-29: PHOTOGRAPHY EXHIBIT by artists Shelby Lee Adams, Gay Block and Randall Tosh. Eye Gallery, 758 Valencia St. Opening reception April 15, 7-10 p.m. 431-6911

APRIL 6: SUSAN AMON and friends present chamber music for woodwinds, percussion, brass and strings. Community Music Center, 544 Capp St. 8 p.m. 647-6015.

APRIL 7: MAY SARTON, poet, novelist, chronicler, introduces her latest journal, *At Seventy*. Old Wives' Tales, 1009 Valencia St. 4-6 p.m. 821-4675.

APRIL 7: BUBBLE OREAM CARNIVAL, featuring bubble-blowing contest, lace painting, break dancing, band, and lots of games and prizes. Everett Middle School, 17th and Church Sts. 10 a.m. - 3 p.m.

APRIL 7: MOTHERTONGUE Readers' Theatre performs in a benefit for the Nancy Shaw Legal Defense Fund. Valencia Rose, 766 Valencia St. 3-5 p.m. 665-4382.

APRIL 7: Carol Negro directs the S.F. CHILDREN'S CHORUS in a concert of Broadway music and works by Britten, Copland and Mozart. Community Music Center, 544 Capp St. 7 p.m. 647-6015.

APRIL 8: FILM: "The Battle of Algiers"—a masterpiece of neo-realism. New College, 777 Valencia St. 7:30 p.m. 861-0425.

APRIL 8: Poetry readings by GABRIELLE DANIELS and TEOE MATTHEWS. Noe Valley Poetry, 1021 Sanchez St. 7:30 p.m.

APRIL 9: "POETS IN MEDIA," a reading with A. E. Biederman, author of "Silly Grandpa," and RV Cottam, author of *White Heat*. Modern Times Bookstore, 968 Valencia St. 7:30 p.m. 282-9246.

APRIL 9: "START YOUR OWN BUSINESS"—pilot project for women over 40. OPTIONS Center, Women's Building, 3543 18th St. 6 & 9 p.m. 431-6405.

APRIL 9: Deadline for receipt of slides from artists interested in joining a group show, "FROM THE SPIRIT," at Gallery Sanchez, Noe Valley Ministry, 1021 Sanchez St. Works should reflect artist's idea of "spirit" and will be exhibited April 22-May 31. Call Kit Cameron, 282-2317, for details.



APRIL 10: "Shades of Tjader"—Latin vibist CARLOS BARRECO and his torrid ENSEMBLE FUEGO. Bajones, 1062 Valencia St. 9 p.m. 282-2522.

APRIL 11: FRIENDS OF NOE VALLEY meeting. Noe Valley Library, 451 Jersey St.

APRIL 11: Human rights activist ROXANNE DUNBAR ORTIZ and Children's Book Press publisher HARRIET ROHMER discuss politics and culture in Nicaragua. Modern Times Bookstore, 968 Valencia St. 7:30 p.m. 282-9246.



Photo by Olene Tilton

A Break Dance Contest will be one of the highlights of the Everett Middle School Carnival Saturday, April 7, 17th and Church Streets.

APRIL 11: The Noe Valley Neighborhood Freeze Group presents the film, "IN OUR DEFENSE," plus the slide/tape show "SIX MINUTES TO MOSCOW." Noe Valley Ministry, 1021 Sanchez St. 8 p.m. 285-4832.

APRIL 11, 17 & 25: The following events will take place at the MISSION BRANCH LIBRARY: April 11: Films for preschoolers, 10 & 11 a.m., films for school age, 3:30 p.m. April 17: spring mural painting, 2 p.m. April 25: SPCA program on how to take care of your pet, 3 p.m. 3359 24th St. 824-2810 for group reservations.

APRIL 12: WOMANSPRINT Spring Full Moon Celebration and Booksigning, to celebrate the birth of Hallie Iglerhart's book, *Womanspirit*, and the first full moon of spring. Old Wives' Tales, 1009 Valencia St. 7:30 p.m. 821-4675.

APRIL 13: Movie: "KING OF HEARTS." Community for Peace and Human Development, 1602 Church St. 8 p.m. 824-2190.

APRIL 13: FREEFORM SONG NETWORK holds its "2nd Friday" political song swap. Original material especially welcome. Newspace Gallery, 762 Valencia St. 8 p.m.

APRIL 13 & 14: NEW VAUDEVILLE SHOW with Laughing Moon Theatre (comedy and magic), Girls Who Wear Glasses (music), and Ned Kelly (kinetic comedy). Valencia Rose, 766 Valencia St. 8 p.m. 863-3863.

APRIL 14: FORUM. "No More Genocide in Our Name," with speakers and discussion on U.S. violation of international law. New College, 777 Valencia St. 7:30 p.m. For info or free childcare reservations, call the Coalition Against Genocide, 653-9652 or 562-1920.

APRIL 14: (April 28, rain date) WIND IN THE WILLOWS SPRING FAIR for young children. Games, food, crafts, prizes. Oouglass Park, 26th and Douglass. 10 a.m. - 2 p.m. 282-0955.

APRIL 14 & 15: MOTION ARTS COMPANY: Betsy Ceva, Nina Burton and Sharon Marks perform an evening of dance. Noe Valley Ministry, 1021 Sanchez St. 8 p.m.

APRIL 15: Pianist MOLLY SCHRAG and violist OARIEN CANDE present a program of works by Brahms, Satie, Stravinsky, Schubert and Schrag. Community Music Center, 544 Capp St. 4 p.m. 647-6015.

APRIL 16: "WOMEN IN TRANSITION"—support group/workshop for women over 40, dealing with the trauma of divorce or separation. OPTIONS Center, Women's Building, 3543 18th St. 6-8 p.m. 431-6944

APRIL 17: EOOIE OURAN, guitar virtuoso. Bajones, 1062 Valencia St. 9 p.m. 282-2522.

APRIL 19: SLIDESHOW on Salvadoran refugees in Central America and the U.S., followed by panel discussion. Women's Building, 3543 18th St. 7:30 p.m. 861-0425

APRIL 19: BENEFIT READING for a lesbian mothers' anthology, *And the Thick Ones Are Comforters*. Andrea Canaan and others read. Old Wives' Tales, 1009 Valencia St. 7:30 p.m. 821-4675.

APRIL 20: Chicano video artist CARLOS ANZALOUA will present three of his works in person. Eye Gallery, 758 Valencia St. 8:30 p.m. 431-6911.

APRIL 20 & 21: Vaudeville show with Tom Noddy, Vaudeville Nouveau, plus Laughing Moon Theatre. VALENCIA ROSE, 766 Valencia St. 8 & 10:30 p.m. 863-3863.

APRIL 22: EASTER SUNDAY SERVICE, Noe Valley Ministry, 1021 Sanchez St. 10 a.m. 282-2317.

APRIL 22: WILLIAM BANOVETZ, oboe, JUOITH HUBBELL, soprano; and EMILY WONG, piano, in a recital featuring works by Shinozaki, Ravel, Schumann, Mueller and Machaolo. Community Music Center, 544 Capp St. 4 p.m. 647-6015.

APRIL 22 - MAY 31: "FROM THE SPIRIT" art exhibit at Gallery Sanchez Noe Valley Ministry, 1021 Sanchez St. Opening reception May 6, 2:30 p.m. 282-2317

APRIL 24: OANNY MARONA SPECIAL! Exclusive S.F. appearance of famed comedy king. Bajones, 1062 Valencia St. 9 p.m. 282-2522.

APRIL 24: COMMUNITY BOARDS Program sponsors special presentation for Noe/Eureka residents "How Views of Older and Younger Generations Affect Communication and Conflict in the Neighborhood," with Miriam Blaustein, Jerry Disque and Richard Rolison. 225 30th St. 7:30-9:30 p.m. 821-2470

APRIL 25: "LIVING OUR MAONESS"—Survivors of psychiatric treatment read their poetry and verse. A benefit for Big Mama Rag. Modern Times Bookstore, 968 Valencia St. 7:30 p.m. 282-9246

APRIL 25: ASTROLOGY SEMINAR Noe Valley Ministry, 1021 Sanchez St. 7:30-9:30 p.m. 821-0781

APRIL 27: Talk by LILLIAN RUBIN, author of *Intimate Strangers: Men and Women Together*. Modern Times Bookstore, 968 Valencia St. 7:30 p.m. 282-9246.

APRIL 27: "PEACE IS MORE THAN AN ABSENCE OF WAR"—original compositions by singers Sheila and Kate. The Community for Peace and Human Development, 1602 Church St. 7:30 p.m.

APRIL 27 & 28: "HOT FLASH FOLIES," by OPTIONS for Women Over Forty's Experimental Theater Group. Valencia Rose, 766 Valencia St. 431-6405.

APRIL 27 - JUNE 2: VIOA GALLERY celebrates its third anniversary with a multi-media exhibit of work by members of the VIOA collective. Women's Building, 3543 18th St. Opening reception April 27, 7-9 p.m. 864-VIOA.

APRIL 28: Noe Valley Music Series presents TUCK & PATTY, powerhouse jazz guitar and vocal duo at the Noe Valley Ministry, 1021 Sanchez St. 8:15 p.m. 641-1359.

APRIL 29: INA CHALIS OPERA Company Verdi concert. Noe Valley Ministry, 1021 Sanchez St. 7 p.m. 282-2317.

APRIL 29: LILITH THEATRE presents a play-reading of "Vinyl Highways Over Paris," by Becky Smith. Valencia Rose, 766 Valencia St. 7:30 p.m. 861-4221.

APRIL 29: Children's Animated FILM FESTIVAL featuring "Sandcastle," "Alphabet," "Cockabody," "Superman," and other Hollywood classics. Proceeds go to the Tequeque Project, providing humanitarian aid to El Salvador. Noe Valley Ministry, 1021 Sanchez St. 2 p.m. 861-4025.

APRIL 29: S.F. LESBIAN/GAY CHORUS presents "A Night at Fanny's." Fanny's, 4230 18th St. 5 and 6:30 p.m. 621-5570 or 864-2585.

Vignette Art by Florence Holub

The Scoop on CALENDAR

Please send Calendar items before the 15th day of the month preceding month of issue to the *Noe Valley Voice*, 1021 Sanchez St., San Francisco, CA 94114. Items are published on a space-available basis, with Noe Valley neighborhood events receiving priority.

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